

OCTOBER 2022



*The latest news and updates for
Burnaby Neighbourhood House Members 55+*

Meet Emily Chan- Seniors Food and Social Programs Supervisor!

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Emily in
Cambodia!

What is your role at BNH?

I'm the Seniors Food and Social Programs Supervisor. I'm responsible for BNH's seniors food bank, prepared meals, and grocery shopping delivery services as well as South BNH's seniors' programs, including our Friday lunches, Tai Chi, dance exercises and educational talks!

What do you like to do for fun?

Travel and spend time with friends and family!

What is something people may not know about you?

I backpacked in Asia for five months in 2018/2019.

IMPORTANT UPDATES

South Food Hub Time Change:

As of OCTOBER 12, 2022, the South Food Hub time will be changing its hours to 1:00 pm to 5:00 pm on Wednesdays at 5024 Rumble St.

The hours for the North House Food Hub remain unchanged - Thursdays from 10:00 am to 1:00 pm at 4908 Hastings St.

New Services for Burnaby seniors:

BNH is starting Seniors' Form Filling, Information & Referral Clinics at each of our BNH locations this month! Need help completing your OAS, GIS, CPP, Housing Registry, SAFER, or BC Bus Pass application? Call Alexis at 236-885-7281

In partnership with Seniors First BC, we are launching two legal clinics out of South BNH and Burnaby Community Resource Centre. See the next page for more details!

COVID-19 BNH Policy:

Burnaby Neighbourhood House recommends mask-wearing when in our buildings and programs. Please note that some select in-person programs will continue to require masks, such as our computer cafes. Unsure if your program requires mask-wearing? Please call our office (South: 604-431-0400 or North: 604-294-5444).

Thank you for your cooperation!

COVID-19 Vaccine Booster Doses:

Need to book your COVID-19 vaccine booster? Call 1-833-838-2323 or visit <https://www.getvaccinated.gov.bc.ca/s/>

Need a ride to a COVID-19 vaccine appointment? Transportation is available:

2: Complete the form (online only): <https://www.fraserhealth.ca/bookaride>


3: Fraser Health will contact you within 1-3 business days with the date and time of your appointment and transportation details.

Need assistance? Contact Alexis at 604-431-0400 or email alexish@burnabynh.ca

Thank you Fraser Health, Translink, BC Transit, and HandyDART!

COVID-19 Rapid Tests

You can get free rapid antigen testing kits from a local pharmacy! Remember to bring your Personal Health Number.



Seniors First BC is a non-profit society that provides information, advocacy, and support to seniors across BC.

Free Legal Clinics for Low-Income Seniors in Burnaby

Seniors First BC provides free 30-minute legal consultations to seniors* at



South Burnaby Neighbourhood House
4460 Beresford St.
between 10am-1pm
2nd Tuesday of each month



Burnaby Community Services
2055 Rosser Ave
between 10am-1pm
4th Tuesday of each month

Volunteer, pro bono lawyers can help with various legal issues, including:

- Understanding legal proceedings and what to expect in courts or tribunals
- Assisting with adult guardianship
- Drafting advance planning documents (e.g. wills, power of attorney)

Due to time constraints, lawyers at the clinics cannot prepare court documents and do not advise on family and criminal law issues

*Eligibility Criteria:

- Income ceiling (gross): \$40k + \$10K per additional household member
- Assets (net): \$150,000 max

Get in touch with us!

To confirm you are eligible and to book an appointment, call: 604-336-5653

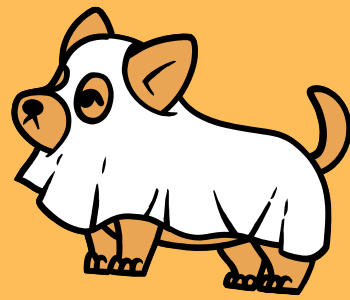
Learn more about our legal programs online:

seniorsfirstbc.ca/programs/legal-programs

seniors first BC



PETS IN HALLOWEEN COSTUMES!



*Buddy
the Elf*



*Big
Murray*



GABY AND SASSY



JUMBO

We want to see your pet's in their costumes!
Send your photos to Alexis at alexish@burnabynh.ca. Submitted
photos will be included in next month's newsletter!

BNH Programs - North House

For more information or to register for programs, contact:



604-294-5444

northinfo@burnabynh.ca

4908 Hastings St



Seniors Monday Program (In-person)

Join us for coffee, tea, and snacks. Drop by and meet your neighbours, have a conversation over coffee/tea, share interest and socialize.

Mondays 10:00 am – 12:00 pm

Digital Cafe (In-person)

Do you need help learning how to use your electronic device (cell phone, tablet, iPad or computer)? Our volunteers are available to support you with your computer learning needs, answer your questions, and even assist with filling out online application forms. Come get more comfortable using your electronic device with us!

Mondays 10:00 am – 12:00 pm

Qi Gong (Hybrid)

Discover the basic concepts of Qi (vital life force energy). Qi Gong focuses on slow-flowing movement and rhythmic breathing to promote relaxation and health. This practice can add to anyone's repertoire for health, stress management, and fitness. Join us in enhancing your own awareness of your energy!

Mondays 2:00 pm – 3:00 pm (Hybrid version - online via Zoom and In-person at Burnaby Community Services)

EAL Conversation - Intermediate (In-person)

Are you an intermediate English speaker waiting for a chance to meet new people, learn Canadian culture, and boost your English? Join our EAL program to bring your English conversation to a next level.

Mondays | 12:00 pm – 1:00 pm | North House

Mondays | 3:00 pm – 4:00 pm | North House

Thursdays | 12:00 pm – 1:00 pm | Amazing Brentwood Mall (4567 Lougheed Hwy)

BNH Programs - North House (cont'd)

For more information or
to register for programs,
contact:

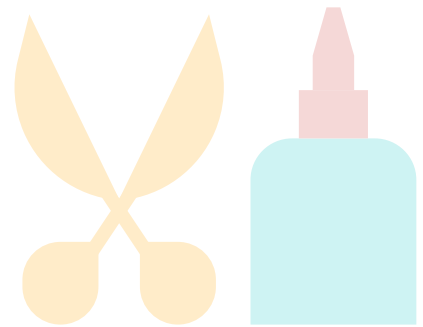


604-294-5444
northinfo@burnabynh.ca
4908 Hastings St

Slow Deep Breathing with the Essence of Pranayama – (online via Zoom)

Pranayama is an ancient practice of controlling your breath. The practice involves breathing exercises and patterns which strengthen the connection between your body and mind. A regular practice of controlled breathing brings us numerous benefits to all of our existence: body, mind, spirit! Learn to pay attention to the breath and how to manipulate it with the help of specific rhythms and breathing techniques!

This is a Drop-In class - join us when you are available!
Mondays 7:00am -8:00 am



Quilting & Crafting for a Cause (In-Person)

Join us for heart-warming and fun quilt/craft-making sessions where you can make new friendships and create meaningful memories. No experience necessary! Know other craft-making techniques? We want to see you too!

Tuesdays 1:00 pm - 3:00 pm at BNH North House

Tai Chi for Beginners

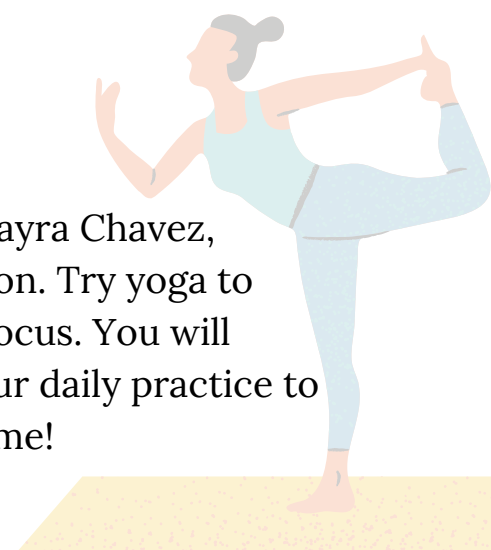
At the Amazing Brentwood Mall (4567 Lougheed Hwy)

Wednesdays 10:00 am - 12:00 pm

Yoga (online via Zoom)

Join us for Yoga classes via Zoom. Certified Yoga teacher, Mayra Chavez, practices Pranayama (breaths), Asanas (poses), and meditation. Try yoga to increase your balance, strength, flexibility, and capacity to focus. You will discover many wonderful yoga poses to incorporate into your daily practice to release your stress and physical tension. Everyone is welcome!

Fridays 7:30 am - 8:30 am on Zoom



BNH Programs - South House



For more information or to register for programs, contact:
604-431-0400
4460 Beresford St.



Senior's Social & Games

Join us Friday mornings for a cup of tea or coffee. Meet new friends over conversations, or playing board games or cards. Love BINGO? We always play BINGO the first Friday of the Month!

Movement for Health

Join us Wednesdays for our Tai Chi (from beginners to advanced) or Tai Chi Sword classes, as we focus on slow-flowing movement and focused breathing.

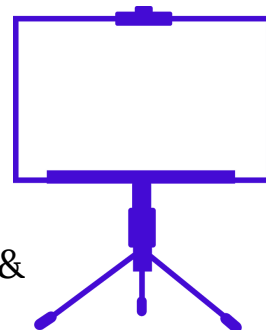


Computer Cafe

Have your computer and other tech questions answered at our computer cafe.

Workshop Series

On the last Friday of each Month, participate in a workshop on topics suggested by our very own members! October's workshop will be on 'Technology and Ageing in Place' by the Seniors' Health & Wellness Institute



Lunch (In-person)



Join us on Fridays to meet new friends while enjoying a nutritious and delicious meal for \$5.

Sew Fun!

Practice your sewing skills every Friday afternoon!



Our South House 55+ Program Calendar is available for pick-up at South BNH, or via email - contact Emily at emilyc@burnabynh.ca

Across Burnaby



Going forward and until further notice, the Seniors Memory Club and Dementia Friendly Café, will be in-person.

Dementia Friendly Cafe

Each month join others living with dementia and their families & friends as we socialize and participate in workshops by guest speakers.

2nd Thursday of the month from 1:00-2:30PM at 2055 Rosser Ave



Seniors Memory Club

Join our dementia- friendly, multicultural, and intergenerational event. This is an opportunity for playing games, exercising, socializing, singing, sharing stories, and celebrating our togetherness.

Most Saturday mornings from 10:00AM-11:30PM at 2055 Rosser Ave

To register for our Dementia programs, contact faryar@bbyseniors.ca or call (604)-375-5778



Friendly Phone Calls

Do you sometimes feel lonely and want a person to talk with? Stay connected through weekly phone calls from a volunteer! To sign up contact Alexis at alexish@burnabynh.ca or 604-431-0400

Senior Peer Support

Trained volunteers provide one-on-one support to seniors who are experiencing anxiety, social isolation, frustration, or difficulties because of life changes.

To register, contact Kathy at kathyb@burnabynh.ca or 236-885-7303



BNH Services Spotlight:



Computer Support

We provide 1-on-1 tech support to help you apply for benefits and more!

- South House: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm
- North House: Mondays 10:00am–12:00pm
- Virtual or phone: Mondays 12:00–2:00pm and Thursdays 3:00–5:00pm

Cannot make these times? We have flexible online tutoring: we will pair you with a volunteer who will meet you online to answer your questions. Volunteers can support you in English, Cantonese, Farsi, Mandarin, Korean, French and Punjabi languages.

To book computer support, call 604-396-7307 or email literacy@burnabynh.ca

TAPS Community Day Program - on Thursdays

Are you experiencing health or mobility barriers? Finding it difficult to socialize and participate in community programs? Join TAPS and have fun chatting, playing games, and enjoying meals with others! Transportation supports are available. Cost: \$5 for lunch.

To register, contact the Alexis at 604-431-0400. Registration is required.

Grocery and Meal Delivery Program

We provide food hampers, prepared meals, and grocery shopping & free delivery to seniors who are living with health challenges and experiencing food insecurity.

For more information: Contact Emily at 778-288-3747 or emilyc@burnabynh.ca

Family and Friend Caregiver Support Group (Online and In-person)

Share experiences, seek support and exchange resources and information with other family and friend caregivers. Every other Monday from 6:00–8:00PM via Zoom and in-person!

Caregiver Appreciation and Information Sessions

Join other family and friend caregivers on the first Thursday of every month to share experiences, receive resources, and celebrate all that you do for your loved one!



For more information on Caregiver Support, contact Kathy at kathyb@burnabynh.ca or 236-885-7303

BNH Services

Continued:



Settlement Services:

If you are a newcomer, immigrant or refugee in Canada, welcome! We are here to answer to your questions and support your settlement and integration in your new community.

Services are available in Arabic, Cantonese, Mandarin, Farsi, Dari, Pashto, Filipino, Spanish, and Vietnamese.

Contact settlementprogram@burnabynh.ca or 604-431-0400 (South) or 604-294-5444 (North)

Settlement Programs:

Women Peer Support and Connection in Farsi/Dari Languages - South House

Saturdays - Oct 15 & 22

1:00PM-3:00PM

English Conversation Club by Duy and Dali

Tuesdays - Oct 11 & 18

10:30AM-12:00PM

Canadian Citizenship Test Preparation workshop - Virtual

Tuesdays & Wednesdays - Oct 11, 12, 18 & 19

3:00PM-4:00PM

Conversation Circle for Farsi/Dari Speaking Seniors - South House

Wednesday - Oct 19

1:00PM-2:30PM

Conversation Circle for Farsi/Dari Speaking Newcomers - Virtual

Thursday - Oct 13

2:00PM-3:00PM

Settlement Orientation Workshop for Farsi/Dari Newcomers - South House

Oct 14 & 20

1:00PM-3:00PM

Settlement orientation workshop for Vietnamese Community - Virtual

Fridays - Oct 14 & 21

2:00PM-3:30PM

Volunteer Opportunities

Apply to become a volunteer at burnabynh.ca/get-involved-volunteer/
Or contact Janice at janiceh@burnabynh.ca or 604-294-5444

55+ Social and Recreational Program Lead - Have a talent or skill you would like to share? Lead a game or art activity! Wednesdays and Fridays - times are flexible.

Senior's Transportation Volunteer - We are looking for responsible car owners who are willing to pick up seniors at their residences and drive them to medical appointments throughout Metro Vancouver. Commitment: at least 1 year.

Senior Peer Support Volunteer - Are you 55+ and interested in helping others? Volunteers provide one-on-one support to a fellow senior through challenging times in their lives. You will receive 50 hour of training before starting your role.

Seniors Food/Meal Delivery volunteers - Deliver groceries and/or prepared meals to isolated seniors living in Burnaby. Time and day flexible. Must have access to a car.

Meals On Wheels:

1. **Depot Driver:** We need a volunteer to come into our office to pick up our Meals on Wheels minivan and take our delivery containers to our caterer in Richmond (Bridgeport area) to pick up meals from our caterer. Mondays 7:45am-9:45am
2. **Route Delivery Drivers:** We need volunteers on weekly, or on-call basis to come with their vehicle to our Brentwood office to pick up meals and deliver to clients on one of our routes in Burnaby. Wednesdays or Fridays 10:30AM-12:30PM (on-call)
3. **Delivery Box Cleaner:** We need a volunteer to come in to our kitchen to clean, sanitize and organize our meal delivery containers. Wednesdays or Fridays from 1:00pm-3:00pm.

Gift Wrap Volunteers and Supervisors - We are looking for volunteers who are interested in wrapping gifts, customer service, and fundraising, or Supervisors who will handle cash and supervision of gift wrappers at Metrotown. Mondays to Sundays, 2 shifts (Mall Hours)



TAPS

Therapeutic Activation
Program for Seniors



Registration
Required

Where?

BNH Community Hall
5024 Rumble St., Burnaby

Cost

Registration: FREE with \$5 annual
BNH membership fee

Lunch: \$5/day

Current Schedule

Thursdays
10:30am - 2:00pm

Mondays & Fridays
Coming Soon!



Why Should You Join?

- Opportunity to meet new friends in a supportive environment.
- Physical activity programs like light, safe exercises designed for seniors, stretching, outdoor walks.
- Health and wellness programs like sensory sessions, music & art, brain games.
- Meet experts and learn about nutrition, managing chronic conditions, relaxation, pain management etc.

Who Can Come?

- Registered, 55+ Seniors in Burnaby.
- Able to independently take part in activities.
- Unable to access social programs due to lack of support, transportation, mobility, or health challenges.



To Register,
Please Contact:

Alexis Haig

TAPS Coordinator

(604) 431-0400

✉ alexish@burnabynh.ca

BNH TAPS program is funded by the Government
of BC and managed by United Way of BC



United Way
British Columbia



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kwikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



Senior Peer Support

- Do you want to make changes in your life?
- We have trained senior volunteers who can help you think of possible solutions to these issues and assist you in exploring your options.
- Possible topics; Caregiver for a family or friend, loss of independence, retirement, connecting to your community, isolation and loneliness

For more information contact Kathy at

236.885.7303 / 604-431-0400

or

kathyb@burnabynh.ca

BURNABY'S SENIOR PEER SUPPORT PROGRAM IS FUNDED BY THE GOVERNMENT OF BC, MANAGED BY UNITED WAY OF BC AND SUPPORTED BY FAMILY CAREGIVERS OF BC AS WELL AS BC COMMUNITY GAMING GRANT



United Way
British Columbia



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

Family Caregivers
of British Columbia



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



DEMENTIA FRIENDLY CAFÉ

Gathering of seniors, those with memory loss, and their family and friend caregivers



Dementia Friendly Café is in-person

Uplifting activities for people with dementia:

Recreation not only benefits our physical health but also gives our lives purpose. However, many people stop doing recreation activities when they are diagnosed with dementia. In this presentation, we will learn about:

- Various stages of dementia,
- How we can continue 'meaningful recreation,' and
- How we can improve the quality of our lives, regardless of age, ability, or diagnosis

Laughter Yoga:

Join us for an easy practice of laughter yoga improve your mood and have fun!



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Burnaby's Dementia Friendly Café is funded by the City of Burnaby's Community Grant program.

When:

Thu, Oct 13th, 2022

1:00—3:00 PM

Where:

2055 Rosser Avenue

Register:

Contact Faryar at
faryar@bbyseniors.ca

or

604-375-5778

Pet Therapy

A Free Program for Family and Friend Caregivers

- ▶ Sessions offer participants a space to gather, socialize, and have therapy together.
- ▶ Participants can interact with trained therapy dogs.
- ▶ Feel happier - reduce your anxiety - join us and have fun!

When: Fridays, October 7th, October 14th, October 21st, 2:00-3:30 pm

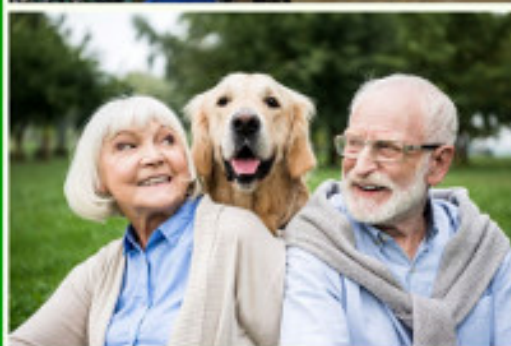
Where: 2055 Rosser Ave, Burnaby

For Registration please contact:

faryar@bbyseniors.ca

or

604-375-5778



Working with organizations in BC's Interior, Lower Mainland, Coastal & Northern Vancouver Island



Settlement & Integration Program

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations



CONVERSATION CIRCLES FOR FARSI/DARI SPEAKING SENIORS

SEP 14 TO DEC 15 , 1:00 - 2:30 PM.
THE FOLLOWING WEDNESDAYS, IN-PERSON



at 4460 Beresford Street, South BNH

In this program you will:

- Find new friends
- Know your neighbours
- Increase your knowledge in different areas
- Improve your English.

Month of Sep	14 & 28
Month of Oct	5 & 19
Month of Nov	2 & 16
Month of Dec	7 & 21

For registration please contact us:

parisas@burnabynh.ca ; Tel 236 878 6295

WWW.BURNABYNH.CA

The Burnaby Neighbourhood House is a Charitable Non-Profit Organization. We are a volunteer driven community-funded agency with a unique focus on Neighbours supporting Neighbours.

Settlement & Integration Program

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations



جلسات گفتگوی سالمندان فارسی/دري زبان

هر چهارشنبه، به شکل حضوری
۱ الی ۲:۳۰ بعد از ظهر

آدرس: نزدیک مترو تاون استیشن

4460 Beresford Street, South BNH

Month of Sep 14 & 28
Month of Oct 5 & 19
Month of Nov 2 & 16
Month of Dec 7 & 21

این برنامه شما میتواند تا:

- دوستان جدید پیدا کنید.
- همسایه های خود را بشناسید.
- معلومات خود را در موارد مختلف افزایش دهید.
- زبان انگلیسی خود را تقویت کنید.

برای ثبت نام با ما به تماس شوید:

شماره تلفن 236 878 6295 ; parisas@burnabynh.ca

WWW.BURNABYNH.CA

The Burnaby Neighbourhood House is a Charitable Non-Profit Organization. We are a volunteer driven community-funded agency with a unique focus on Neighbours supporting Neighbours.

**Burnaby Neighbourhood
House Presents:**

WE ARE BURNABY

We Are Burnaby is an online magazine that features local stories by community members. Through short stories, poems, music, art, photography, and other forms of storytelling and visual works, we welcome you to share your voice, wisdom, and creativity with the Burnaby community.

**SHARE YOUR STORY WITH
YOUR COMMUNITY.**

**Submit your story at
weareburnaby@burnabynh.ca**





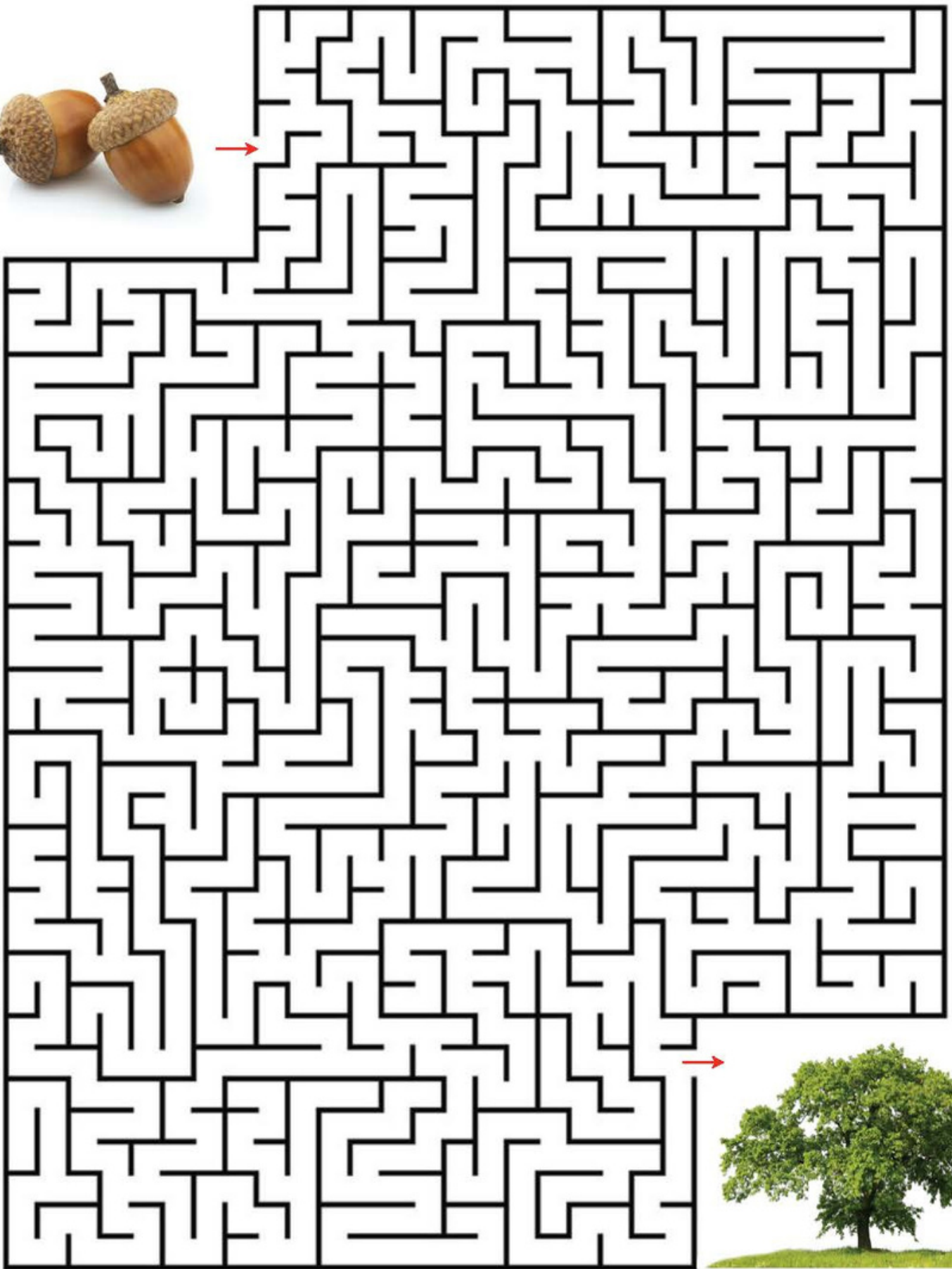
Sudoku

	7						9	3
5								
	4					2		
								4
	9	4			3			
	3		1		2	7	5	
				5	9			2
7				1		4		
				6	7			

Source: www.puzzle.ca

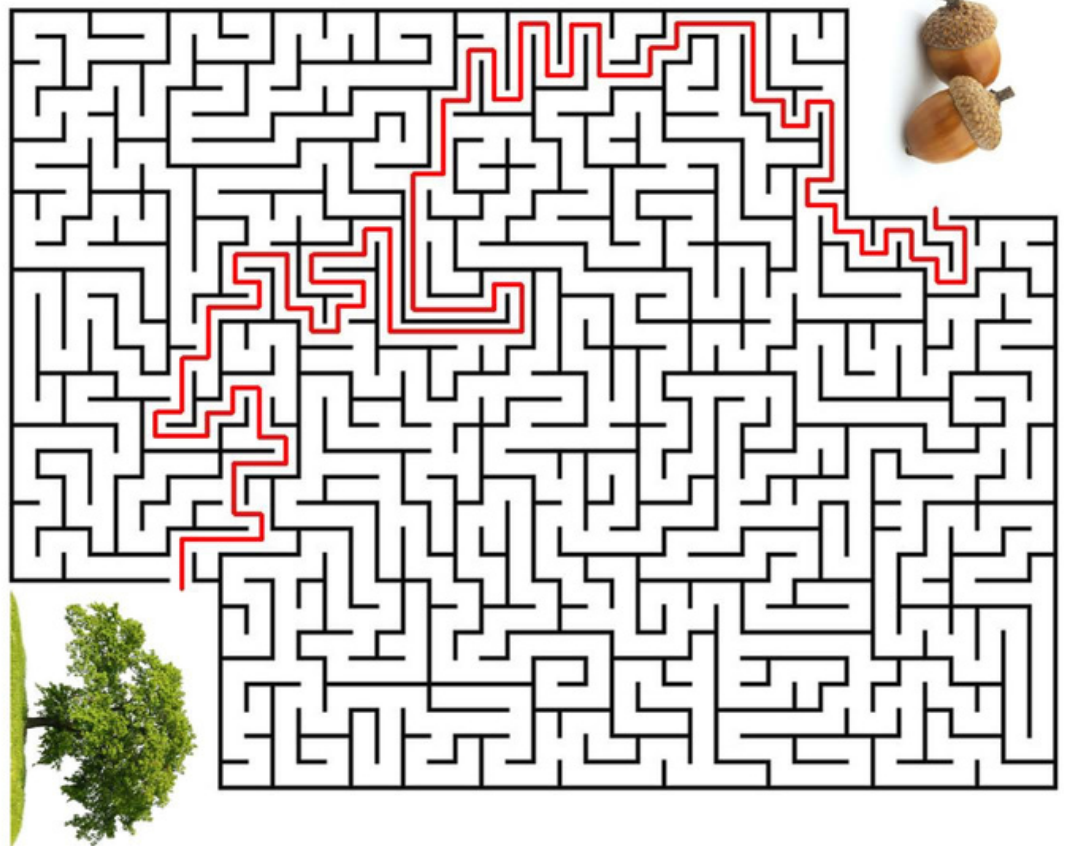
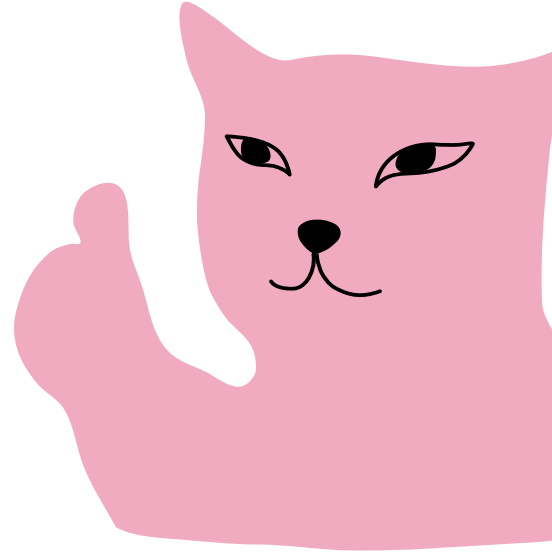


A-Mazing Acorns



Puzzle Solutions

8	7	1	6	2	4	5	9	3
5	6	2	9	3	1	8	4	7
9	4	3	7	8	5	2	1	6
1	5	7	8	9	6	3	2	4
2	9	4	5	7	3	6	8	1
6	3	8	1	4	2	7	5	9
3	8	6	4	5	9	1	7	2
7	2	9	3	1	8	4	6	5
4	1	5	2	6	7	9	3	8



MEMBERSHIP 2022-2023



Memberships are in effect from September 1 to August 31st each year, and a requirement for participating in any BNH programs. Annual membership fees are \$5 for individuals and \$10 for families (subsidies are available).

BNH is the umbrella organization for Burnaby Community Services, Burnaby Meals on Wheels, and Burnaby Seniors Outreach. Membership to BNH includes membership to these societies.

Become a member or renew your membership by completing our membership form at: https://burnabynh.ca/about_membership/

Or give us a call, or drop by either of our Houses:

North House at 604-294-5444
4908 Hastings Street

South House at 604-431-0400
4460 Beresford Street

You can purchase your membership by:

1. Dropping by our South or North House
2. PayPal: https://burnabynh.ca/about_membership/
3. E-Transfer: send your fee to finance@burnabynh.ca with the password 'membership'
4. Credit card: call 604-431-0400 (South) or 604-294-5444 (North)

THANKYOU

Thank You to our Generous Sponsors!



BC HOUSING



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Beedie/